Easy Garden Soup

PREP TIME: 10 MINUTES  |  COOK TIME: 20 MINUTES  |  SERVES: 6

This colorful, tomato-based soup is chock full of vegetables, requires no chopping, and comes together in just half an hour.

Ingredients

- 1 Tbsp. vegetable oil
- 1 Tbsp. tomato paste
- 2 Tbsp. dried minced onion
- 1 tsp. sugar
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder
- 2 cans (14.5 oz. each) diced tomatoes, not drained
- 1 can (15.25 oz.) whole kernel corn, drained
- 1 can (15 oz.) peas, drained
- 1 can (14.5 oz.) cut green beans, drained
- 1 can (14.5 oz.) sliced carrots, drained
- 3 cups chicken or vegetable broth
- Salt and black pepper, optional
- 2 Tbsp. chopped fresh parsley, optional

Instructions

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add tomato paste, onion, sugar, oregano, and garlic and cook until fragrant, about 2 minutes, stirring constantly.

2. Add remaining ingredients and bring to a boil over medium–high heat. Reduce heat to medium and simmer for 15 minutes.

3. Season to taste with salt and pepper, if desired. Serve soup sprinkled with parsley, if desired.

TIP: To freeze extra tomato paste, spoon any remaining paste from can onto plastic wrap. Fold wrap over paste and lightly form into a log by rolling on a flat surface; twist ends and freeze. Then, simply unwrap and carefully slice off desired amount before returning remaining paste to freezer. Paste will keep 2 months in the freezer.

Serving suggestions:

Soup is delicious with grilled ham and cheese sandwiches or saltine crackers.

For more recipes and resources, visit www.healthiergeneration.org/delmonte